



NAVY RESERVE MEDICINE

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A Historical Distinction and Continuing Legacy: The Navy Promotes its First Male Nurse Flag Officer

By André B. Sobocinski, Historian, Bureau of Medicine and Surgery

On October 1, 2020, Capt. Eric Peterson was promoted to Rear Admiral from his home in Appleton, Wisconsin, becoming the Navy's newest flag officer as well as the first male ever to achieve this rank in the Nurse Corps.

As a flag officer, Peterson will serve as the Deputy Commander, Naval Medical Forces Atlantic and the Deputy Director Nurse Corps, Reserve Component.

Peterson's journey to this distinction began in May 1988 when he enlisted in the North Dakota Army National Guard. He served as a combat medic for three and a half years before exploring a career in nursing.

His own family history, and deep reflection on the "service and

sacrifice" of his grandparents in World War II, inspired his entry into the uniformed services.

Peterson was born in Cagliari, Sardinia, Italy while his father was stationed there with the Coast Guard. The Peterson family later relocated to North Dakota where his father was commissioned as a combat engineer with the Army National Guard.

From an early age entering the field of medicine was always a desire for Peterson. After EMT training and his time as an enlisted medic he entered the Navy Nurse Corps Candidate Program, gaining his commission in February 1994.



On his first day at Naval Medical Center San Diego in 1994 he met with the Director of Nursing Services who acknowledged that he expressed an interest in working the Emergency

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Department. She then told him, "We'll let you do it and see how it goes."

Peterson found everyone to be welcoming of the newly commissioned ensign and eager to share their knowledge. From those first days working the Emergency Department to now he credits many mentors for helping to guide and shape his career and showing him the true example of clinical excellence and leadership, while maintaining humility.

First and foremost, each of these mentors placed an emphasis on the team. "They each had a genuine concern for the individual and who they are working with," said Peterson. "They all excelled at working with people and the team and serving as the engine leading that team."

This notion of team work would again play a significant role his career during two separate deployments to Afghanistan.

In 2010, Peterson deployed to the NATO Role III Multinational Medical Unit in Kandahar, Afghanistan during the troop surge. He was one of five individuals to stay for a 13 month deployment during what was a challenging period in the hospital's history. Four years later he returned to the Role III for a 10-month deployment.

For Peterson, these experiences have shaped his leadership philosophy—leaders must motivate people to strive for a common goal.

"It also showed me up close and personal, the sacrifices our warfighters make for our country," said Peterson. "It reinvigorated me to ensure they

had all the support and best medical care they needed so we could get them home to their families."

Peterson's distinction as the first male nurse flag officer in the Navy is, in many respects, par for the course for the Navy Nurse Corps which has long had a tradition of notable Navy firsts.

In 1908, 20 individuals were selected by the Bureau of Medicine and Surgery (BUMED) to represent the first members of the Nurse Corps. These pioneers—forever after known as the "Sacred Twenty"—hold the distinction as the first women in the Navy.

Over the next decades these pioneers, and those that followed them, earned distinctions as the first women in the Navy to serve overseas and aboard ships. In World War II Navy nurses were granted official rank and would make history again by becoming the first women to serve in active combat theaters. In the 1970s, members of the Nurse Corps—some of them veterans of World War II—became the first women to achieve flag rank in the Navy.

Until August 1965, the Navy Nurse Corps was exclusively comprised of women. That year former hospital corpsman George Silver became the first male to obtain a commission in the Nurse Corps. He was followed soon after by Lt (j.g.) Jerry McClelland, and Ensigns Charles Franklin, Isadore Miller, and Richard Gierman.

In January 1968, Lieutenant Clarence Cote became the first male nurse in the Regular Navy; 17 years later he became the first male nurse to serve as a commanding officer of a Medical Treatment Facility (MTF). Other firsts followed in 2006 when

Captain Albert Shimkus became the first male Navy nurse to serve at the helm of a hospital ship MTF (USNS Comfort).

Admiral Peterson shies away from talk of historical distinctions and instead prefers to champion the important role the Navy Nurse Corps has—and continues to play—in showing a diversity of thought, opinion, leadership and talent over its 112-year history.

"This is our strength, in the Nurse Corps, Navy Medicine and Navy as a whole," said Peterson. "The honor and privilege of being selected to represent and lead such a group of talented professionals is immeasurable."

Despite his new role, Peterson's career goals as a Navy nurse has never changed and at their core have always been about working as part of a team and serving others.

"I had always wanted to make a career of the military," said Peterson. "I did not have any intentions or thoughts about rank or positions. Throughout my career I just wanted to be able to help people."

Senior Enlisted Update

HMCS Sheppard

Congratulations to the following OHSU Camp Lejeune Chief Selects:

HMC (sel) John Betts (NOSC Knoxville)
HMC (sel) Matthew Hill (NOSC St. Louis)
HMC (sel) Julie Lyon (NOSC Nashville)
HMC (sel) George Ramsey (NOSC Chattanooga)

Well done, Shipmates!

Happy holidays to each of you!



Operations

CDR Hodo/LT Womack

There are URGENT Mobilization Opportunities to GTMO in February/April for the following specialties:

2/12/2021

- Lab Tech (L31A)

4/23/2021

- Lab Tech (L31A)
- Pharmacy Tech (L22A)
- PT Tech (L20A)
- Psych Tech (L24A)
- Prev Med Tech (L12A)
- HM1 L03A
- HMC L03A
- HMCS SEL (Boarded Position)
- ICU Nurse (1960)
- Nurse Quality Management (1950)
- OR Nurse (1950)
- Medical Logistics Administration (1802)

Innovative Readiness Training (IRT) Program

LCDR Gangler

The East Central Georgia Initial Planning Meeting (IPM) was completed in-person with a small group of Joint services planners this month with members from EMF Great Lakes in Augusta, Georgia. The Joint planning meeting involved five site surveys and a community needs assessment in preparation for the medical, optometry, dental, and veterinary care IRT planned for June 2021.

The Operation Gateway IPM took place virtually this month with the planning team from NMRTC Portsmouth. While a few key members from the Air Force

Reserve Command conducted a site survey in Morehead, Kentucky, the virtual meeting with the Air Force, Air National Guard, Army Reserve, USMC Reserve, and the Army National Guard ensured planning efforts are on track for a successful and safe IRT project in July 2021.

Meetings are expected to continue as a mix of both virtual and in-person at Grissom Air Reserve Base in Indiana this winter. The FY21 IRT MPMs are as follows:

- **NMRTC San Diego-Kodiak** Arctic Care MPM 8-12 Feb
- **NMRTC Jacksonville-** Operation Healthy Delta MPM 22-26 Feb
- **EMF Great Lakes-** East Central Georgia MPM 15-19 Mar
- **NMRTC Portsmouth-** Operation Gateway MPM 22-26 Mar

Because You Asked...

Prior to execution of approved orders, members should verify with the gaining command that COVID-19 restrictions have not changed. Many locations are imposing additional restriction of movement (ROM) requirements that can negatively impact the member if he/she shows up unprepared and unaware!

ROM requirements are changing on a daily basis.

Education & Training

LCDR Bates/HM1 El Gbouri

Season's Greetings Shipmates! Looking for something to read

over hot chocolate? Please check out a few books pulled from the SG's 2020 Professional Reading List categorized by "4 P's" **People, Performance, Power, and Platforms**. For the full reading list, check out M10's max.gov page! Happy reading, and wishing you great success in the year to come.

People:

- *The Road to Character* by David Brooks
- *Make Your Bed: Little Things that Can Change Your Life...and Maybe the World* by William McRaven
- *Leadership in Turbulent Times* by Doris Kearns Goodwin
- *Theater of War: What Ancient Greek Tragedies Can Teach Us Today* by Bryan Doerries

Performance:

- *Leaders Eat Last: Why Some Teams Pull Together and Others Don't* by Simon Sinek
- *Appreciative Inquiry: A Positive Approach to Building Cooperative Capacity* by Frank Barrett and Ronald Fry
- *The Five Dysfunctions of a Team: A Leadership Fable* by Patrick Lencioni
- *The Idea Factory: Bell Labs and the Great Age of American Innovation* by Jon Gertner

Power:

- *A Sailor's History of the U.S. Navy* by Thomas Cutler
- *Nimitz* by E.B. Potter
- *On China* by Henry Kissinger
- *Sea Power: The History and Geopolitics of the World's Oceans* by James Stavridis

Platforms:

- *On Call in Hell: A Doctor's Iraq War Story* by Richard Jadick
- *Ghost Fleet: A Novel of the Next World War* by P.W. Singer and August Cole



- *The Last Stand of the Tin Can Sailors: The Extraordinary World War II Story of the U.S. Navy's Finest Hour* by James D. Hornfischer
- *Indianapolis: The True Story of the Worst Sea Disaster in U.S. Naval History and the Fifty-Year Fight to Exonerate an Innocent Man* by Lynn Vincent and Sara Vladic

IT Corner

Online Safety and Best Practices

There are a lot of reasons to go online: research, entertainment, chat, shopping, games, etc. While online, there are best practices that will help prevent the compromise of personal information and reputation. What happens online stays online and can have real-world impacts on a Sailor or Navy civilian where they work, at home, and with friends and loved ones years after.

Rules of the road for our Sailors and Navy civilians online:

1. **When you're online, you're in public — so act like it.**
 - Don't do or say anything online you wouldn't do or say in public. Keep relationships and personal life private.
 - Treat everyone online how you'd like to be treated. The "Golden Rule" applies even online.
2. **There's no such thing as complete anonymity online.**
 - "My user name is B@stSailrEvr, no one will figure out who I

am." Wrong. The people you know will recognize you and Google, Amazon and other online services designed to capture your online habits to optimize your experience will recognize you.

3. **Words and things you say matter.**

- Images can be taken out of context.
- Cool off before responding to messages in anger. You'll never agree with everyone online.
- Respect others' opinions.
- Anyone, anywhere can see what you post.

4. **Before you hit send, stop and think:**

- Words and things you say matter.
- Images can be taken out of context.
- Cool off before responding to messages in anger.
- You'll never agree with everyone online.
- Respect others' opinions.
- Anyone, anywhere can see what you post.

5. **The internet doesn't forget.**

- It's very easy for bad actors to save a screenshot, download an image or do something else to make sure a moment online lasts an eternity.
- Anything shared online, although intended to be private and confidential, has the possibility to become

public — if it's best left unsaid, don't say it. If you don't want it shared, don't post it.

- Protect your privacy and your friends' privacy too by not sharing without their permission.
- And unless you're prepared to attach that post, text or photo to your next college application, security clearance package, or resume, again, stop and think before you post.

Anything posted on the internet is permanent. Through the use of publicly available online tools, data can be recovered and used against you.

From the U.S. Navy Social Media Handbook, March 2019

From the RAOs...

**CAPT Marley/CAPT Blaustein
CAPT Ormsbee/CAPT Morgan**

NOBCs, AQDs and SSPs

NOBCs, AQDs, and SSPs identify your knowledge, skills and abilities and are important in identifying your job in the Navy and the capabilities that you can contribute to the Navy mission. Descriptions, information, and a listing of these codes are found in NAVPERS 15839J, the Manual of Navy Officer Manpower and Personnel Classifications, also known as the Navy Officer Occupational Classification Systems (NOOCS) Manual.

The Reserve Affairs Officers (RAO) can enter the code into your record. They are NOT the approval authority for the codes. Approval for codes require endorsement from other



personnel or agencies. Endorsing entities are:

AQDs: Specialty leaders (SL), school officials, designated agencies or offices, program managers, or Commanding Officers as outlined in the NOOCS Manual.

SSPs and NOBCs: Board process that allows you to change your specialty based on credentialing/privileging and completion of Specialty Schools. If requesting to add a new SSP or change the order of your SSPs, you must get endorsement from your current Specialty Leader (SL) and from the SL of the new SSP that you are requesting to add. SLs can request that codes be removed from an Officer's record for lack of required credentialing or on-the-job experience.

To request a code be added or changed in your record: Submit a letter of request to the RAO via the appropriate SL. The SL will send their endorsement to the RAO by email. The letter must include copies of all supporting documentation. The letter should be in official Navy format in a single pdf file. Check all documents and ensure personally identifiable information (PII) is removed before sending.

The codes can be viewed in your OSR and RFMT record. The code should appear in your record within a week. If preparing for promotion boards, JO Apply or the APPLY board submit requests for record updates at least 6 months in advance. Do not wait until the week before the Board to submit updates and expect your record to be updated in time!

RAOs DO NOT update Service Schools. To update your service school information on your OSR,

you need to provide a copy of your completion certificate with the three digit service school code to Ms. Jeanitta Edwards (PERS-911D) via email: jeanitta.edwards@navy.mil. Only service schools (courses) listed in the Appendix C of NAVPERS 15839I, Volume II (NOOCS manual) may be added to the ODC/OSR. The three digit code can be found in the NOOCS Manual.

OFFICER PHOTOGRAPHS

Photographs are required of all officers, regardless of status, within three months after acceptance of each Promotion. MILPERSMAN 1070-180 outlines the uniform requirements for the photograph, and includes a link to NAVPERS form 1070/884 (04-07); this form is the correct form on which to submit photographs. Attach the photo, sign & date, and mail to:

Navy Personnel Command
PERS-313
5720 Integrity Drive
Millington, TN 38055-3120

Official photos cannot be submitted via email.

To verify a current COLOR photograph has been entered into the permanent record, log into OMPF via BOL. Also, be sure that the blocks are correct, that the **Full SSN** is included, and the form is signed before sending.

MANPOWER

LT Palomino/HMC Sevilleja

APPLY: Please monitor RFMT for APPLY board results and vacant billets. Senior Officers who do not receive a billet must contact their respective Corps Reserve Affairs Officer to apply for a post-board assignment (if eligible) and avoid being transferred to the VTU.

BUMED (M10) & Regional Functional Area Emails

BUMED (M10) Manpower Reserve:
usn.ncr.bumedfchva.mbx.manpower-reserve@mail.mil

BUMED (M10) Education Training:
usn.ncr.bumedfchva.mbx.bumed---m10-education-training@mail.mil

NMFL OSO:

usn.hamptonroads.navmedeastporsva.list.nme-oso@mail.mil

NMFP OSO:

usn.san-diego.navmedwestsanca.mbx.oso@mail.mil

NMFSC OSO:

Richard.v.espinosa.mil@mail.mil

NMRTC BETHESDA OSO:

dha.bethesda.j-11.mbx.nmrtc-oso@mail.mil

FINANCE

Mr. Clearwood

COVID Travel Restrictions: The Navy continues to maintain a conditions-based approach to travel. In addition to the below guidance, all members must contact their destination command prior to travel in order to determine the local HPCON status and any local COVID-19 based requirements. Mission essential (ME) travel

determinations are based on the DON COVID-19 Travel Tracker (<https://www.mnp.navy.mil/group/don-covid-19-travel-tracker>).

The Travel Tracker is updated daily with status changes occurring depending on the prevalence of COVID-19 in any given area and the HPCON of Navy and DOD installations. As a result of the fluid nature of these determinations, NROWS orders requests will obtain final fund



approval no earlier than 7 days prior to the start date on the request.

When planning travel, members must review the DON COVID-19 Unrestricted Travel Tracker (<https://www.mnp.navy.mil/group/don-covid-19-travel-tracker>). ME determinations require the process be started early and is coordinated by the member's TO and OSO. If SELRES have any questions or concerns about possible travel, they should discuss with the chain-of-command.

These policy and procedure additions, combined with the uncertainty of COVID status, may delay the routing and approval of NROWS orders requests. Once you've received approval from your Resource Owner (RO) in NROWS, complete and route your orders request. You want the flexibility to make changes to any orders request when/if required. Even "Telework Only" orders must be routed as soon as possible.

From Commander, Navy Reserve Forces Command

Maximizing Reserve Readiness

Although COVID-19 has challenged us, our Reserve team continues to prove its worth. You have proven over the last year, that when the Navy and nation needs us, we are ready to respond.

In order to maintain our well-earned reputation as being dependable and responsive citizen Sailors, it is critical every Reserve Sailor completes their participation requirements, per MILPERSMAN 1001-150 (Navy Reserve Participation

Requirements). All Reserve Sailors are required to:

- Inactive Duty Training (IDT). Satisfactorily complete 40 of 48 IDT periods (Drills) each fiscal year (Oct-Sept). A Reserve Sailor who is unable to meet this requirement will be designated as an unsatisfactory participant when 9 or more IDT periods in a running 12-month period are declared unsatisfactory or are unexcused absences.
- Annual Training (AT)/Active Duty Training (ADT)/Active Duty (AD). Perform a minimum of 12-14 days AT, equivalent ADT, or AD each fiscal year.
- Medical/Dental. Report as directed (in-person) for physical and dental examinations and provide medical documentation as requested to determine physical qualifications for retention.

If an enlisted Reserve Sailor fails to meet these requirements, they can be placed on a 6-month probation or transferred to the Volunteer Training Unit (VTU) within 5 business days pending administrative separation. For officers, they can be transferred to the Individual Ready Reserve (IRR) - Active Status Pool (ASP) or USNR-S2 within 10 business days. Additionally, officers may be recommended for separation for cause.

To review all satisfactory participation requirements, please review MILPERSMAN 1001-150 here: <https://www.public.navy.mil/bupers-npc/reference/milpersman/1000/1000General/Documents/1001-150.pdf>

While there is no desire to remove any Sailor because of unsatisfactory participation, we have a duty to our Navy to maintain warfighting readiness.

We need you to do your part with the support of your leaders.

Stress Management & Suicide Prevention

The holidays can be stressful, but with additional COVID-19 restrictions, isolation requirements, and unexpected changes to family traditions brings new challenges for all of us. If you, your shipmate, or a loved one are having trouble navigating stress or experiencing a crisis, help is always available.

Seeking help is a sign of strength and good judgement. The Reserve Force Suicide Prevention Program Manager at CNRFC has put together a number of resources for Sailors, civilians, and their families to seek free and confidential help.

MILITARY CRISIS LINE: Connects Active Duty and Reserve service members and veterans in crisis with qualified and caring Department of Veterans Affairs responders through a confidential, toll-free hotline, 24 hours a day, seven days a week. Support is available via telephone, mobile text or online:

- Crisis Line website - <https://www.veteranscrisisline.net/>
- Call 1-800-273-TALK (8255, Option 1); Text 838255

MILITARY ONESOURCE: Military OneSource offers free and confidential non-medical counseling via phone and live chat, 24 hours a day, seven days a week. They also offer specialty consultations, with services including peer-to-peer support, wounded warrior support, health and wellness coaching, transition assistance and more:

- Website - <https://www.militaryonesource.mil/>
- Call 1-800-342-9647 (CONUS)



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- OCONUS - 703-253-7599 and follow local instructions for placing a collect call to the U.S. or visit - <https://www.militaryonesource.mil/international-calling-options>

NAVY CHAPLAIN CARE:

Sometimes Sailors and their families would prefer to trust and confide in a Navy Chaplain to receive guidance or help seeing things more clearly. Chaplains are available to talk 24/7. Communications with Navy

Chaplains are 100% confidential unless the service member decides otherwise. NAVY311 is a service that connects you to a chaplain; Support is available to all active and Reserve Sailors, Marines, Coast Guardsmen and their family members.

- Call - 1-855-NAVY-311 (1-855-628-9311)
- Email - NAVY311@NAVY.MIL
- Text - navy311@navy.mil
- Visit - www.navy311.navy.mil

Also available is a 24/7 hotline that takes you directly to our Chaplain Corps at CNRFC, an around-the-clock on-call phone

service for Reserve Force personnel and their families who have been affected by the COVID-19 national emergency and are in need of counseling and spiritual services:

- CNRFC Duty Chaplain Hotline (24/7) - 757-322-5650

PSYCHOLOGICAL HEALTH OUTREACH PROGRAM (PHOP):

Ensuring Reservists have full access to appropriate psychological health care services, to facilitate recovery, and to increase resiliency, which is essential to maintaining a ready military Force.

- Physiological Health Outreach Program - 1-800-273-TALK (8255)

REAL WARRIORS LIVE CHAT: Click the link to start a live chat with a trained health resource consultant, ready to talk, listen and provide the guidance and resources you're looking for:

- Website - <http://www.realwarriors.net/livechat#%23%23>

LIFELINK is the Navy Suicide Prevention Program's monthly newsletter designed to assist

Suicide Prevention Coordinators, Suicide Prevention Program Managers, and Behavioral Health Personnel with engaging Sailors on the topic of suicide prevention. Additionally, Lifelink provides Suicide Prevention Branch updates and announcements, as well as a spotlight on proactive efforts made by commands to support every Sailor, every day. Find the latest edition here:

- https://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/Documents/Lifelink%20December%202020.pdf

Reserve Force Suicide Prevention Program Manager:

YNC Marisa Mason

Marisa.mason@navy.mil

Happy Holidays and warm wishes for the New Year to you and your family from the M10 staff and RAOs!

